



CONSUMER HEALTH WEB SITES

CONSUMER HEALTH LIBRARY PANEL
June 2003

INTRODUCTION

There have been many efforts made to evaluate web sites and many best sites listings. So, you may ask, "Why compile another list?" There are a number of reasons to do this--

1. The Consumer Health Library Panel (CHLP) felt it would be helpful if there was a list arranged by subject with one or two "best sites" listed. This eliminates unnecessary searching from site to site for accurate information.
2. The CHLP investigated sites that VA librarians had specifically recommended. They have stood the test of reliability by our colleagues and they are focused on the unique needs of our veteran patients and their families.
3. The CHLP applied a number of criteria to the evaluation process to guarantee the best possible sites were selected. The criteria used was:
 - Names of the individuals responsible for the content are listed with their credentials as well as any sponsoring agencies
 - Links included on the page are all to other reliable sites
 - Contact information is included
 - Information is balanced and based on reliable data
 - The site domain is an indication of reliability (i.e. .gov, .edu, .org)
 - The appearance of the site is attractive and easy to use; layout, font size and use of color add to the site's readability
 - Information on the site is easy to find
 - The site is easy to navigate
 - Advertising if present, is kept to a minimum and is clearly separate from the information on the site; there are no 'pop-up' web sites
 - The date when the site was last update is clearly indicated
 - All links are current and 'live'
 - There are no financial costs or charges for accessing the site
 - No special software is required to view the site
 - Higher-level features are kept to a minimum such as java, frames, animation or used only when necessary
 - A clearly identified Privacy Statement is included on the site
 - The purpose of the site is clearly stated
 - The site is fully web accessible
 - There is a searching capability or a site map
 - Help features are available and easy to use.

The CHLP meticulously reviewed each site and annotated it to indicate the features offered by that site.

The bibliography contains two types of references:

1. Other lists of web sites that are well respected in the health field. These were used as a source of sites to review.
2. References that offer helpful hints on how to evaluate the usefulness and reliability of health related web sites

In conclusion, this document is only as good as its last review. To maintain the usefulness of the sites listed will be an ongoing process. All the sites will have to be evaluated at least once a year. Similarly, continuing assessment of new sites to consider adding will have to be done to assure that each subject area remains current and meaningful. As such the CHLP is asking for your assistance. Please contact the CHLP Exchange Mail group (VHA Consumer Health Library Panel or CHLP@hq.med.va.gov) if you:

- Have recommendations for additional sites or subject areas.
- Discover of a non-working link.
- Discover a site containing inaccurate information or is outdated.

TABLE OF CONTENTS

	PAGE
General Health Sites	1
AIDS	3
Alzheimer's Disease	4
Arthritis.....	4
Cancer	5
Death and Dying.....	6
Dermatology	6
Diabetes.....	7
Diet and Nutrition	7
Disability	8
Drug Information.....	8
Ear Nose and Throat	8
Gastrointestinal.....	9
Head Injury	10
Hepatitis.....	10
Heart	10
Kidney.....	11
Laboratory Tests.....	12
Mental Health.....	12
Neurology	13
PTSD	14
Rare Diseases	14
Respiratory	15
Substance Abuse.....	15
Surgery	16
Urology	16
Women's Health	16

General Health Web Sites

MedlinePlus

<http://medlineplus.gov>

National Library of Medicine web site provides quality consumer health information. It includes:

- **Health Topics:** over 570 topics in an A-Z arrangement, on conditions, diseases, and wellness.
- **Drug Information:** Information on thousands of prescription and over-the-counter medications, using two drug resources: MedMaster, and the USP DI Advice for the Patient.
- **Medical Encyclopedia:** The Adam Health Illustrated Encyclopedia includes over 4,000 articles about diseases, tests, symptoms, injuries and surgeries. Includes an extensive library of medical photographs and illustrations.
- **Interactive tutorials:** over 150 health slideshows with sound and pictures.
- **Dictionaries**, including Merriam-Webster Medical Dictionary, Multilingual Glossary of Technical and Popular Medical Terms in Eight European Languages, On-line Medical Dictionary (CancerWEB), Terms and Definitions (Office of Rare Diseases), Word! A Glossary of Medical Words—for kids.
- **News:** health news from the past 30 days.
- **ClinicalTrials.gov:** provides information about clinical research studies.
- **Directories**, including directories for general doctors and dentists, specialists, other health care providers, general hospitals and clinics, specialized hospitals and clinics, and other health care facilities and services.
- **Other resources**, including a collection of organizations providing health information, consumer health libraries, government health sites from other nations, link to MEDLINE

Familydoctor.org

<http://familydoctor.org>

Web site developed by the American Academy of Family Physicians. Includes:

- **Health Topics:** over 500 topics, including some in **Spanish**.
- **Healthy Living** section that includes information on diet, exercise, and prevention topics such as stress prevention, spirituality and health, smoking cessation. Also includes a body mass index calculator, and a jogging/running calorie counter.
- **Self-Care:** approximately 50 self-care flow charts on such topics as shortness of breath, headaches, and abdominal pain.

Healthfinder

<http://www.healthfinder.gov>

U.S. Department of Health and Human Services consumer health web site includes:

- **Health Library** that provides an A-Z listing of health topics, including a medical encyclopedia, medical dictionaries, frequently asked questions, and more
- **Just for you:** health topics organized for specific groups such as age-related, ethnicity, caregivers, gender.
- **Health Care:** Information about doctors, dentists, nursing homes, Medicare, health fraud, long-term care, etc.
- **Online Checkups** in an A-Z arrangement.

InteliHealth

<http://www.intelihealth.com>

Web site created by Aetna in partnership with Harvard Medical School and the University of Pennsylvania School of Dental Medicine. The site does include advertisements but they are clearly labeled. Highlights of the site:

- About 50 broad topics listed under diseases and conditions, but also an A-Z listing of hundreds of topics for diseases, conditions, and procedures
- About 20 topics under “**Healthy Lifestyle**”, including addiction, men’s health, senior’s health. This section includes a “What Do You Know?” section, short quizzes on various topics, including cholesterol, high blood pressure, sleep, and smoking.
- “**Look It Up**” section includes an interactive “symptom scout”, a listing of almost 100 tests and procedures, a medical dictionary, and a listing of health resources and associations, including web sites.
- Community chats provide an avenue to ask experts questions on various topics and share opinions with others. Transcripts of past chat events are posted. Message boards are also available on such topics as caregiving support, women’s health, and mind and body.

Mayo Clinic

www.mayohealth.org

The Mayo Clinic web site is divided into two separate areas:

- **Find Information** includes:
 - ✓ A-Z listing on diseases and conditions
 - ✓ Condition Centers (including a Pain Management Center that provides basic information, treatment options, additional resources, personal stories, support groups, quizzes, and an opportunity to ask a specialist)
 - ✓ Healthy Living Centers (including food & nutrition, men’s health, women’s health, healthy aging)
 - ✓ Drug information supplied by Micromedex
 - ✓ First Aid Guide
 - ✓ Answers from Mayo Clinic
- **Take Charge of Your Health** includes:
 - ✓ Personal Health Scorecard
 - ✓ Healthy Lifestyle Planners
 - ✓ Disease Self-Managers (including asthma, depression, headache, low back pain)
 - ✓ Health Decision Guides (including colorectal cancer, cancer screening, early-stage prostate cancer, herniated disks, and hormone replacement therapy_
 - ✓ Newsletter Sign-Up

NOAH: New York Online Access to Health

www.noah-health.org/index.html

NOAH was established in 1994 by four New York City library organizations to provide a reliable consumer health web site with information in both English and **Spanish**. It includes:

- **A-Z listing of health topics**
- **Word search**
- **A “What’s New” section**

WebMD Health

www.mywebmd.com

The mission of WebMD is to provide objective, trustworthy, and accurate health information to the consumer. Content is based on relevance, clinical significance and health trends. Information at this site includes:

- **Medical Information section**, including diseases and conditions, symptoms, drugs and herbs, health insurance information, interactive guides for such topics as diabetes, stroke, low back disorders, fall prevention, and skin cancer.
- **Health and Wellness section**, including topics on men's health, aging, exercise and fitness, diet and nutrition, emotional wellness, sexuality, women's health and alternative medicine.
- **In the Spotlight section**, articles on current hot topics.
- **Newly Diagnosed section**, on a number of health conditions such as hepatitis c, stroke, fibromyalgia, depression, diabetes, heart disease, etc.
- **Free newsletter sign-up**
- **Over 80 message boards**
- **Search box**

AIDS

HIV InSite

<http://hivinsite.ucsf.edu/InSite>

This site was developed in 1997 by the University of California San Francisco (UCSF), and is produced in collaboration with the San Francisco Veterans Affairs Medical Center. Includes:

- **HIV InSite Knowledge Base**, a complete textbook with extensive references
- **Patient Fact Sheets**, including topics on opportunistic infections and malignancies, symptoms, and side effects; diagnostic tests. Hot links are provided that link to the sponsoring agency. Descriptions of the sponsoring agencies are also provided, and include such information as type of organization, type of information available, language availability, and reading level.
- **New and Noteworthy** section included on home page as well as at other locations. Information provided here is from such sources as Reuters Medical News and the Associated Press.

The Body

<http://www.thebody.com>

The Body is the web site of Body Health Resources Corporation and is sponsored by several pharmaceutical companies, including Merck, Abbott, Pfizer, Hoffman-La Roche, Bristol-Myers Squibb, and others. Its mission is provide information on HIV/AIDS and its treatment, improve the patients' quality of life, help lower barriers between patients and clinicians, and foster community through human connection. Information at this site includes:

- **HIV/AIDS information in more than 550 topic areas**, including:
 - ✓ **AIDS basics and prevention**
 - ✓ **Treatment**
 - ✓ **Quality of life issues**
 - ✓ **AIDS hotlines**
- **Sign-Up for weekly e-mail updates**
- **Ask the Experts forums**
- **Bulletin boards**
- **Information in Spanish**
- **Search Box**

Alzheimer's Disease

Alzheimer's Association

<http://www.alz.org/>

The Alzheimer's Association was founded in 1980, by family caregivers and is the largest national voluntary health organization dedicated to advancing Alzheimer's research and helping those affected by the disease. Information at this site includes:

- **Basic Information about Alzheimer's** includes causes and risk factors, warning signs, diagnosis, treatment options, statistics, and myths.
- **Local Chapters**, providing an easy search to the chapter located nearest you.
- **Clinical Trials**
- **Message Boards**, including separate boards for people with Alzheimer's, family caregivers and friends, physicians and health care workers, and researchers.
- **Creative Works**, including artwork, poetry and stories.

Alzheimer's Disease Education and Referral Center (ADEAR)

<http://www.alzheimers.org>

ADEAR is a service of the National Institute on Aging, one of the National Institutes of Health. Information at this site includes:

- **Fact Sheets**, including caregiver guide, home safety, medications, depression
- **Information in Spanish**
- **Information on state Alzheimer's Disease Referral Centers**
- **Search Box**

Arthritis

Arthritis Foundation

<http://www.arthritis.org>

The Arthritis Foundation was founded in 1948 by a group of scientists and physicians as the Arthritis and Rheumatism Foundation. Information at this site includes:

- **Arthritis Today**: selective articles from the latest issue as well as selective articles from past issues.
- **Question and Answer** section of frequently asked questions.
- **Electronic Newsletter sign-up**
- **Message Boards** on various topics, including coping skills, fibromyalgia, and arthritis and surgery

National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)

<http://www.niams.nih.gov/hi/index.htm>

NIAMS is one of the institutes of the National Institute of Health. Its mission is to support research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases, the training of basic and clinical scientists to carry out the research, and the dissemination of information on the research progress. Consumer health information at this site includes:

- **A-Z listing of health topics in this area**
- **Other related topics**, including an extensive article on how to find medical information that covers such areas as information available through libraries, recommended list of references for the home library, services available through the federal government and other organizations, searching the Internet, and making informed decisions.
- **Search Box**

Cancer

American Cancer Society

<http://www.cancer.org>

The American Cancer Society is a nationwide, community-based voluntary health organization dedicated to eliminating cancer as a major health problem. To date, it has invested more than \$2.4 billion in cancer research. The web site includes information for professionals as well as consumers.

Patient health information includes the following:

- **Basic information, prevention and early detection**
- **Treatment topics and resources**, including treatment decision tools, monitoring tools
- **Coping with Treatment**
- **After Treatment**
- **Cancer Support Network**, including discussion boards, chat rooms, an expression gallery.
- **Monthly Live Internet Broadcast**, including a recording of broadcast for later use.
- **ACS News Today Section**
- **Current Cancer Statistics**
- **Information in *Spanish***
- **Local Community Information**
- **Search box powered by Google**

National Cancer Institute

<http://www.cancer.gov>

The National Cancer Institute is a component of the National Institutes of Health (NIH), and was established in 1937 as the federal government's principal agency for cancer research and training. Information at this site includes:

- **Types of cancers** (listed by common cancers, body location, and alphabetically)
- **Treatment**
- **Prevention, genetics, and causes**
- **Screening and testing**
- **Coping**
- **Support groups and resources**
- **Clinical trials**
- **Statistics**
- **Recent major news releases**
- **Dictionary of cancer-related terms**
- **LiveHelp service**, providing online assistance in answering questions about cancer or questions about navigating the web site.
- **Information in *Spanish***

OncoLink

<http://www.oncolink.com>

OncoLink is the web site of the Abramson Cancer Center of the University of Pennsylvania and was founded in 1994 to help cancer patients, families, health care workers and the general public get accurate cancer-related information. It has several corporate sponsors, including Lilly Oncology, Elsevier Science, Bristol Myers Squibb, Amgen, and AstraZeneca. Information at this site includes:

- **Types of cancer**
- **Treatment options**
- **Coping**
- **Clinical Trials**
- **Ask the Experts** section, where one can send a question online to one of their medical experts. If selected, the question will be posted at the site.
- **Cancer News**
- **Search Box**
- **OncoTip of the Day**
- **OncoLink Library**, which includes recommended books and videos as well as titles to avoid.

Death and Dying

Hospice Foundation of America

<http://www.hospicefoundation.org>

The Hospice Foundation of America is a nonprofit organization whose mission is to assist those who cope either personally or professionally with terminal illness, death, and the process of grief. The web site includes information for professionals as well as consumers. Information included at this site:

- **Grief and Loss resource page:** a collection of short, helpful articles, including what is grief, facing sudden loss, helping a child deal with death, facing sudden loss; also a suggested reading list and an opportunity to share your own story.
- **E-newsletter**, published monthly.
- **Information on the annual satellite teleconference.**
- **Locating a Hospice**
- **Search end-of-life database**
- **Information on HFA publications**
- **Links to other death and dying web sites**

Partnership for Caring

<http://www.partnershipforcaring.org>

Partnership for Caring is a national nonprofit organization whose mission is to improve how people die in our society. It operates a national crisis and information hotline dealing with end-of life issues and provides state-specific living wills and medical powers of attorney. Information at this site includes:

- **Frequently Asked Questions on Advance Directives**
- **Free download of state-specific advance directives**
- **Resource section** that includes a glossary of terms, fact sheets, selected articles on such topics as spirituality and care at the end-of-life, pain management, good planning, the background and history of end-of-life issues, communicating end-of-life issues to loved ones, back issues of *Voices*, the newsletter of Partnership for Caring, a family and consumer resource guide, and links to other web sites.
- **List of products (videos, audiocassettes, brochures) available for sale**

Dermatology

American Academy of Dermatology

http://www.aad.org/patient_intro.html

The American Academy of Dermatology is the largest dermatology association, with a membership of over 13,700 dermatologists. Although a large portion of this site is devoted to the professional, there is a “public resources” section that includes the following:

- **Patient Education pamphlets:** over 50 pamphlets provided, with several in **Spanish**.
- **E-newsletter sign-up.**
- **Press releases:** the current year’s releases are listed chronologically; previous years are listed by broad topics such as skin cancer and sun safety, acne, general skin care.
- **Dermatologist profile:** includes office hours, credentials, and insurance information.

Diabetes

American Diabetes Association

<http://www.diabetes.org>

The American Diabetes Association, a nonprofit health organization, was founded in 1940 to provide diabetes research, information and advocacy. Information at this site includes:

- **In The News** section, providing several recent articles on topics concerning diabetes.
- **Diabetes Forecast:** full text of selective articles from current and past issues.
- **Electronic newsletter** sign-up.
- **Local chapter information**
- **Recipe of the Day**
- **Tip of the Day**
- **Online Chats** with medical experts
- **Spanish language** section

Joslin Diabetes Center

<http://www.joslin.org>

Established in 1898 and affiliated with Harvard Medical School, Joslin Diabetes Center is internationally recognized for its work in the treatment and research in diabetes. Consumer health information at this site includes:

- **New to Diabetes?** Section, including a general overview, questions to ask your doctor, all about blood sugars, monitoring basics, oral medications, nutrition and exercise information.
- **Online Discussion Groups**
- **Online Classes**—these classes take an average of 15 minutes to complete. Topics include *New to Diabetes, Managing Blood Sugar, Defining Diabetes, Assessing Your Diabetes Knowledge, Assessing Your Diabetes Actions, Treating Type 2 Diabetes with Oral Medications.*

Diet and Nutrition

Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic/>

The Food and Nutrition Information Center (FNIC) was established in 1971. It is located at the National Agricultural Library and is part of the U.S. Dept. of Agriculture. FNIC has a staff of 15 nutritionists, most of whom are registered dietitians. The FNIC web site contains over 1800 links to current and reliable nutrition information, including:

- **A-Z Topics List.** Topics include dietary assessment, food labeling, herbal information, weight control and obesity, and vegetarian nutrition. Each topic includes links to other reputable sites, including Mayo Clinic, American Academy of Family Physicians, National Institutes of Health.
- **FNIC Resource Lists**, including subject-specific bibliographies, books, audiovisuals, articles, and web resources. These also include sources of free and low cost nutrition materials.
- **Food Composition** page provides an online searchable database of the nutrient content of foods, Vitamin K content of selected foods, and reports by single nutrients.
- **Dietary Guidelines:** includes USDA's *Nutrition and Your Health: Dietary Guidelines for Americans*, 5th ed., 2000, information on how to put the guidelines into practice.
- **Food Guide Pyramid**
- **Consumer Corner:** includes frequently asked questions, nutrition over the life cycle, information on canning, cooking, recipes, etc.

Disability

MossRehab ResourceNet

<http://www.mossresourcenet.org/>

MossRehab, located in Philadelphia, is a 147-bed facility and offers comprehensive care to people with a broad range of conditions, including stroke, brain injury, spinal cord dysfunction, amputation, orthopedic and musculoskeletal disabilities, and other forms of disability. It is nationally recognized for its comprehensive rehabilitation programs. Consumer health information available at this site includes:

- **Disability fact sheets** on such topics as traumatic brain injury, spina bifida, joint replacement, amputation, aphasia, and driving with a disability.
- **Accessible travel:** information and resources for the disabled traveler.
- **General resources**, on such topics as assistive technology/devices, daily living aids, exercise and specialized disability resources.
- **Americans with Disabilities Act information.**
- **Newsgroups, listservs**
- **In the News section**
- **Search box**

Drug Information

U.S. Food and Drug Administration. Consumer Drug Information

<http://www.fda.gov/cder/consumerinfo/default.htm>

Information at this site only includes information for drugs approved since January 1998 only. Since it is including newly approved drugs, some may not yet be on the market.

Ear, Nose and Throat

American Academy of Audiology: Consumer Resources

<http://www.audiology.com/consumer/>

The Academy is the largest professional organization by and for audiologists, with over 7,500 members. The **Consumer Resources** subsection at this site includes guides on the following:

- **Coping with Hearing Loss**
- **Frequently Asked Questions About Hearing Aids**
- **Hearing Health Quick Test**
- **Aural Mechanics**
- **Tinnitus**
- **Understanding Your Audiogram**
- **What You Should Know About Hearing Loss**

American Academy of Otolaryngology-Head and Neck Surgery

<http://www.entnet.org/index2.cfm>

The American Academy of Otolaryngology represents more than 10,000 otolaryngologists and is the world's largest organization representing these specialists. Information at this site includes:

- **Hearing Resources**, including information on buying a hearing aid, tinnitus, five-minute hearing test, and noise and hearing protection.
- **For Your Health** section includes information on such topics as cochlear implants, injection snoreplasty, TMJ, and some information in **Spanish**.
- **Health Information** section includes more than 70 detailed patient information brochures on such topics as snoring and sleep disorders, allergies, balance, tobacco and cancer.
- **Press Room** includes recent press releases and other media information.
- **Search Box**

American Speech Language Hearing Association

<http://www.asha.org/index.cfm>

The American Speech-Language-Hearing Association (ASHA) is the professional, scientific, and credentialing organization for more than 103,000 audiologists, speech language pathologists, and speech, language, and hearing scientists. Its mission is to ensure that all people with speech, language, and hearing disorders have access to quality services to help them communicate more effectively. Information at the web site includes:

- **Information on speech, language, and swallowing**, including information on development and disorders, and a list of organizations that sponsor self-help groups.
- **Information on hearing and balance**, including hearing loss, hearing screening and assessment, hearing loss resources, self-help groups.
- **Take Action section** that includes information of the American Disabilities Act, early hearing detection and intervention, information on special interest groups for people with speech disabilities.
- **News Room section**

Gastrointestinal

American Gastroenterological Association

<http://www.gastro.org/public.html>

The American Gastroenterological Association (AGA) was founded in 1897 and currently has 12,000 gastroenterologic physicians as members from throughout the world. Information at this site includes:

- **Digestive Health Resource Center** that includes information on such topics as how the digestive system works, chronic viral hepatitis, pancreatitis, lactose intolerance, colonoscopy, gallstones, etc. Some information is also available in **Spanish**. Also includes **UpToDate** gastroenterology patient information topics.
- **Multimedia Gastroenterological Health Library**, with links to streaming video offering information on many GI health topics, as well as featured articles written by physicians.
- **Digestive Health Message Boards**
- **Gastroenterologist Locator Service**

National Institute of Diabetes & Digestive & Kidney Diseases

<http://www.niddk.nih.gov>

A branch of the National Institutes of Health, the NIDDK web site contains a **Health Information** section for consumer health information and includes the following:

- **Digestive Disease Topics**, including over 60 topics in this category.
- **Easy-to-read Publications** on such topics as irritable bowel syndrome, peptic ulcers, and lactose intolerance
- **Spanish Language Publications**
- **Statistics**

Head Injury

Brain Injury Association

<http://www.biausa.org/>

The Brain Injury Association of America was founded in 1980 with the mission of improving the quality of life of those who have sustained brain injuries. Today it encompasses a national network of more than 40 chartered state affiliates across the country. The Association acts as a clearinghouse of community service information and resources, facilitating prevention awareness, hosting educational programs, encouraging research, and participating in legislative advocacy. Information at this site includes:

- **State and Local contact information**
- **Full-text publications**, including a Road to Rehab series, *Prevention Matters*, with articles on such topics as “Preventing Brain Injuries Among Seniors,” and the newsletter, *TBI Challenge*.
- **A Catalog of educational resources available for purchase**
- **A Guide to Selecting and Monitoring Brain Injury Rehabilitation Services**
- **Links to other Internet sites**
- **Information in Spanish**

Hepatitis

Hepatitis Foundation International

<http://www.hepfi.org>

The mission of the Hepatitis Foundation International is to eradicate viral hepatitis by teaching prevention, diagnosis and treatment of the disease, promoting liver wellness and healthy lifestyles, by advocating for hepatitis patients, and by supporting research. Information at this site includes:

- **Fact Sheets** on such topics as preventing hepatitis, caring for your liver, the ABCs of hepatitis, talking with your doctor, living with hepatitis, diagnosis and treatment.
- **Newsletter highlights**, including the full text of the most recent newsletters.
- **Listing of support groups**
- **List of publications (books, videos, posters, booklets, etc.)** available for purchase.

Heart

American Heart Association

<http://www.americanheart.org>

The mission of the American Heart Association is to reduce disability and death from cardiovascular disease and stroke. The web site contains a large amount of information of interest to the consumer, including:

- **Health and Stroke Encyclopedia**, in an A-Z arrangement.
- **Health Tools**, including a cardiovascular risk assessment tool, patient information sheets, exercise diary, body mass index calculator, and a “Heart Profilers” report, providing customized information on how to better participate in treatment decisions and take charge of your health.
- **Healthy Lifestyle section**, including information on exercise and fitness, healthy eating, cholesterol, heart disease, and managing you lifestyle.
- **Diseases and Conditions** section—includes congestive heart failure, high blood pressure, cholesterol, and arrhythmias.
- **Warning Signs**, including information on heart attack, stroke and cardiac arrest warning signs.
- **Search Box**

HeartCenterOnline

<http://www.heartcenteronline.com>

HeartCenterOnline, based in Boca Raton, Florida, was founded in 1999 with the mission to provide cardiovascular patients, their patients, and other visitors with the tools they need to better understand the complex nature of heart-related conditions, treatments and preventive care. Information at this site includes:

- **A-Z List of Conditions and Diseases**
- **Symptoms Search**
- **A-Z List of Procedures and Tests**
- **Quizzes** testing heart health knowledge
- **Discussion Boards**
- **Prevention Center**, searchable by lifestyle, risk factors, and nutrition.
- **Specialty Centers**, including women's center, drugs and medications, anatomy, and illustrations and animations.
- **Ask a Cardiologist** includes answers to previously asked questions as well as an opportunity to ask a new question.

Kidney

American Association of Kidney Patients

<http://www.aakp.org/>

The American Association of Kidney Patients was founded over 30 years ago to serve the needs, interests and welfare of all kidney patients and their families. It has more than 8,000 members, including patients, family members, renal professionals and institutional members. Information at this site includes:

- **AAKP Kidney Beginnings: The Magazine**, featuring articles on healthy living for people with chronic kidney disease.
- **Ask the Doctor**, where answers to common questions are provided.
- **AAKP Patient Plan** provides information on treatment options, diet, and more.
- **Electronic newsletter** contains information on new programs and research
- **Helpful tools** such as tables and charts to track progress.
- **Glossary**

National Institute of Diabetes & Digestive & Kidney Diseases

<http://www.niddk.nih.gov>

A branch of the National Institutes of Health, the NIDDK web site contains a **Health Information** section for consumer health information and includes the following:

- **Learn About Diseases and Conditions:** provides basic information, statistics, links to professional and voluntary organizations, **Spanish** translations, for:
 - ✓ **Diabetes**
 - ✓ **Digestive Diseases**
 - ✓ **Weight Control**
 - ✓ **Endocrine and Metabolic Diseases**
 - ✓ **Hematologic Diseases**
 - ✓ **Nutrition**

National Kidney Foundation

<http://www.kidney.org/>

The National Kidney Foundation is a voluntary health organization that seeks to prevent kidney and urinary tract diseases, improve the health of people affected by these diseases, and increase the availability of organs for transplantation. Information at this site includes:

- **A-Z listing of topics**, also searchable by broad categories such as treatment, rehabilitation, and nutrition.
- **Living Well on Dialysis Cookbook**
- **E-Kidney**, and online newsletter
- **News releases** for the past year

Laboratory Tests

Lab Tests Online

<http://www.labtestsonline.org/lab/index.html>

Lab Tests Online has been designed to comply with the principles of the Health On the Net (HON) Code of Conduct for medical and health web sites. Information at this site includes:

- **Information on approximately 150 tests**, including basic information about the test, more detailed information, common questions, an opportunity to ask a question, and other related links at the site.
- **Information on approximately 70 diseases and conditions**, with links to related tests as well as other web links.
- **Screening tests** recommended for various age groups.
- **Understanding your tests** section.
- **In the news** section.

Mental Health

Mental Help Net

<http://mentalhelp.net/>

Mental Help Net was launched in 1995 to provide mental health information to professionals as well as laypeople. Information at this site includes:

- **Information on almost 100 mental health topics**, including abuse, family and relationship issues, PTSD, anger and emotions.
- **Psychological Self-Help book**, providing information on understanding the problem and the solution and applying self-help methods
- **Self-Help Sourcebook Online**, providing a database of over 800 national self-help support groups, searchable by topic.

National Mental Health Association

<http://www.nmha.org>

The National Mental Health Association (NMHA) was established in 1909 by former psychiatric patient Clifford W. Beers as a result of the poor treatment he received in his stays in public and private institutions. NMHA is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. There are more than 340 affiliates nationwide. NMHA is dedicated to promoting mental health, improving and preventing mental illness disorders through advocacy, education, research and service. Information at this site includes:

- **Mental Health Information Fact Sheets** on such topics as general anxiety disorders, PTSD, depression in later life, bipolar disorder, seasonal affective disorder, schizophrenia, coping with loss, substance abuse, codependency, controlling you anger, guidelines for seeking help.
- **Confidential Depression Screening Test**
- **E-Mail Newsletter Sign-Up**
- **Mental Health Resource List** with links to other sites
- **Search Box**

Neurology

Muscular Dystrophy Association

<http://www.mdausa.org/>

The Muscular Dystrophy Association (MDA) was established in 1950 by a group of adults with muscular dystrophy, parents of children with muscular dystrophy, and a physician-scientist studying the disorder. It is a voluntary health agency with national headquarters in Tucson and more than 200 offices throughout the country. MDA sponsors 230 hospital-affiliated clinics and supports nearly 400 research projects around the world. Information at the site includes:

- **Information on the diseases in MDA's program:** includes characteristics of the disease, the usual age of onset, progression and inheritance type, and a comprehensive list of materials about the disease available elsewhere on the website.
- **Publications: MDA/ALS Newsletter and Quest** (a bimonthly magazine of the MDA, providing news and features on all aspects of living with a neuromuscular disease, and information on the latest findings in the field.)
- **Online chat sessions**
- **Ask the Experts** section: questions are posed and responses are provided. Sometimes several experts respond to the same question.
- **Spanish Language section**

National Institute of Neurological Disorders and Stroke

<http://www.ninds.nih.gov/index.htm>

Established in 1950 by the U.S. Congress, the National Institute of Neurological Disorders and Stroke (NINDS), a division of the National Institutes of Health, is the nation's leading supporter of biomedical research on disorders of the brain and nervous system. Its mission is to reduce the burden of neurological disease through basic and clinical research on the normal and diseased nervous system in an effort to better understand the diagnosis, treatment, and prevention of neurological disorders. Information at this site includes:

- **Neuroscience News:** news concerning the latest research on neurological disorders.
- **A-Z Arrangement of Neurological Disorders:** each disorder includes a brief description, treatment, prognosis, current research, and a listing of related organizations, including addresses, phone numbers, and URL.
- **Link to ClinicalTrials.gov,** providing information on neurological studies currently seeking patients.
- **Search Box**

National Multiple Sclerosis Society

www.nationalmssociety.org.

The National Multiple Sclerosis Society and its network of nationwide chapters promote research, educate, advocate, and organize a wide range of programs for individuals with multiple sclerosis. It has invested nearly \$350 million in research since it was founded in 1946. Information at this site includes:

- **Basic information,** including diagnosis and symptoms
- **Information for people newly diagnosed**
- **Living with MS**
- **Treatments**
- **Information on the latest research,** including clinical trials.
- **Webcasts**

National Parkinson Foundation

<http://www.parkinson.org/>

The National Parkinson Foundation was established in 1957 with a mission of finding the cause and cure of Parkinson's Disease. The foundation supports researchers, physicians, occupational, physical and speech therapists and psychological counseling. It also provides educational and medical information for Parkinson patients, their families, neurologists and general medical practitioners. Information at the web site includes:

- **Frequently Asked Questions**
- **Search Box**
- **Helpful Tests and Surveys** section, including mini mental status exam, Parkinson Test, anxiety test, memory test, tremor test, mood swings test, and many more.
- **Caregiver Information** section, including information on the caregiver's role, an opportunity to share experiences, and a caregivers' forum.
- **Online chat sessions**

PTSD

National Center for PTSD

<http://www.ncptsd.org/>

The National Center for Post-Traumatic Stress Disorder (PTSD) was created within the Department of Veterans Affairs in 1989, in response to a Congressional mandate to address the needs of veterans with military-related PTSD. Its mission is to advance the clinical care and social welfare of veterans through research, education, and training in the science, diagnosis and treatment of PTSD and stress-related disorders. Information at this site includes:

- **Topics in PTSD:** contains a variety of information in the form of fact sheets, full text articles, and other online resources, on such topics as assessment, early intervention, general information, relationships, spirituality, and treatment.
- **Fact Sheets** organized in the following large categories: general information, treatment, veterans, disasters, special topics, and recommended books for the nonprofessional reader.
- **Frequently Asked Questions:** the top ten most frequently asked questions concerning PTSD.

Rare Diseases

Office of Rare Diseases

<http://rarediseases.info.nih.gov>

This web site contains information on more than 6,000 rare diseases, including:

- **Current and completed research**
- **Ongoing studies**
- **Patient support groups**
- **Patient travel and lodging information:** direct links to many charitable or special fare flights to research and treatment sites.
- **Publications from scientific and medical journals.**
- **Genetic information, counseling and services.**

This site is targeted to the professional and the sophisticated consumer.

Respiratory

American Lung Association

<http://www.lungusa.org/>

The American Lung Association was established in 1904 to fight tuberculosis and is the oldest voluntary health organization in the United States. Today, its mission is to prevent all forms of lung disease and to promote lung health, with special emphasis on asthma, tobacco control and environmental health. Information at this site includes:

- **Asthma section**, including fact sheet, asthma medicines, peak flow meters and chart, information in **Spanish**.
- **Tobacco Control section**, including fact sheet, smoking cessation resources fact sheet, quit smoking action plan, nicotine replacement therapy, newsletter sign-up.
- **Air Quality** section, including press releases, fact sheets, special reports, indoor and outdoor air quality.
- **A-Z Listing of Lung Diseases**
- **Online tutorial of the respiratory system and how it works**
- **Statistical Information**
- **Information in Spanish**
- **Search Box**

Substance Abuse

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

<http://www.niaaa.nih.gov>

NIAAA is one of 19 institutes that comprise the National Institutes of Health (NIH). Its mission is to support and conduct biomedical research on the causes, consequences, treatment and prevention of alcoholism and alcohol-related problems. Information at this site includes:

- **Frequently asked questions**, in English and **Spanish**.
- **Easy-to-read publications and brochures** in English and **Spanish**, on general topics such as *How to cut down on drinking, Aging and alcohol abuse, Alcoholism: getting the facts*.
- **News releases and advisories**
- **Links to clinical trial sites**
- **Links to other alcohol-related sites**.

U.S. Dept. of Health and Human Services and SAMHSA's National Clearinghouse for Alcohol and Drug Information

<http://www.health.org>

The National Clearinghouse for Alcohol and Drug Information (NCADI) is the information service of the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Prevention (CSAP). NCADI is the world's largest resource of current information and materials on substance abuse. SAMHSA is staffed by English and Spanish-speaking specialists. They are available 24 hours a day, 7 days a week at 1-800-729-6686. Information at this site includes:

- **Drug Fact Sheets**
- **Statistical Information**
- **Publications targeted to specific audiences**, such as the elderly, American Indians, women, and children of substance abusers.
- **Links to other Internet sites**
- **Issues menu** includes information on such topics as treatment, drug testing, violence, and prevention.
- **Videos**, for viewing online or information on purchasing.
- **Free Online newsletter sign-up**

Surgery

YourSurgery.com

<http://www.yoursurgery.com/index.cfm>

This site provides a library of surgical procedures presented in an easy to understand format. The procedures are written by surgeons in their given specialty. Each procedure is combined with illustrations, radiological material, and in some cases, animations, and includes the following:

- **Anatomy** of the operative site
- **Pathology** of the illness
- **Symptoms** associated with the illness
- **Methods of Diagnosis**
- **Concise description** of each surgery
- **Alternative** surgical solutions
- **Possible Complications of the surgery**
- **Innovations** in surgical technique

Urology

American Foundation for Urologic Disease

<http://www.afud.org/>

The American Foundation for Urologic Disease is a nonprofit organization that was established in 1987 for the purpose of preventing and curing urologic disease, through the expansion of patient education. Information at the site includes:

- **Prostate Cancer Resource Guide** that includes information on diagnosis, treatment, advocacy, a glossary of terms, state and city support groups, and Internet resources.
- **Urologic Conditions fact sheets**, with at least one sheet available in **Spanish**. The sheets also include a quiz to test knowledge of information presented.
- **Link to HopeLink Clinical Trial Service**, providing information on clinical trials in this specialty.

National Institute of Diabetes & Digestive & Kidney Diseases: Urologic Diseases

<http://www.niddk.nih.gov/health/urolog/urolog.htm>

Information at this site includes:

- **Urologic Diseases Topics**
- **Easy-to-Read Publications**
- **Spanish-Language publications** (very limited at this time)
- **Statistics**
- **Order Forms** (single copies of most titles are free of charge.)
- **Search Box**

Women's Health

FORCE: Facing Our Risk of Cancer Empowered, Inc.

<http://www.facingourrisk.org>

FORCE is a nonprofit organization for women at risk for breast or ovarian cancer. Its advisory board consists of physicians (in the fields of gynecologic oncology, plastic surgery, radiology, breast surgery), social workers, genetic counselors, and psychotherapists. Site includes:

- **Resource Guide**: contains variety of information, such as information on genetic testing for breast cancer risk, evaluating risk, researching family history, insurance issues, finding good health care, special clinics for high-risk women, breast self-exam, diagnostic tests, surgery, breast reconstruction, support groups, book recommendations.
- **Message Boards**

National Women's Health Information Center

<http://www.4woman.org/>

This site is a service of the Office on Women's Health in the Department of Health and Human Services and provides a variety of women's health-related information from the Department, other federal agencies, and private sector resources. Includes:

- **Hot Topics** (such as diabetes, Alzheimer's Disease, smoking cessation)
- **Women's Health News Today**
- **Electronic newsletter sign-up for *Healthy Women Today*** (current and past issues also available for viewing at the site)
- **Frequently Asked Questions** on a variety of topics, including access to health care, autoimmune diseases, pain, environmental health, mental health, minority women, older women, preventive care, and skin conditions.
- **Monthly Featured Health Articles**
- **Violence Against Women Section**
- **Spanish Section** that also includes a list of other sites that provide health information in Spanish
- **For Your Heart** section that provides a tailored list of articles concerning exercise, nutrition, high blood pressure, etc., based on the responses made to a short, confidential survey about health and lifestyle.

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